



# WellPath: We're on our way!

Instructions for  
completing your  
Wellness Assessment

Here are the instructions to complete the Wellness Assessment in the Personal Health Suite at [WWW.myameriben.com](http://WWW.myameriben.com)



## What do you need

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- Your numbers from your screening
  - Log in to a computer
  - Visit [www.myameriben.com](http://www.myameriben.com)
    - Know your member ID and password or call
  - Customer Service Representative:
    - 1-800-786-7930 after 6:00AM
- 

Employees will want to Know Their Numbers from the biometric screening today or from a source not older than 3 months.

They will need to pick a computer station and log in. (if they don't know their log-in information, they can call the help desk at (7555)

Employees will need to know their username and password for the Ameriben Web Site. If they don't know, they can call the customer service number on the slide or they can find out online which is on subsequent pages (Page 4). If they have never used the Ameriben Site they can click on "I need to sign up."



Click on the Benefits Participants Tab at the top of the column of tabs on the right.



Clicking on the Benefit Participants tab will bring you to this screen where you will log into the Ameriben Site. If you don't know your username, you may want to try the last 4 digits of your Social Security Number and the Password. If you don't know either your username or password then choose the appropriate method to contact Ameriben. You can use the links on the right and they will email information to the email account which they have on record. OR, you can call customer service.



This is the first screen you will see when you have successfully logged into the Ameriben Web site. You want to use the “My Online Tools” hyperlink in the brown bar at the top of the screen. Click on the “My Online Tools” link with the left mouse button.

You are currently logged in as: ANDREW WELER  
Inbox (3) | SecurityProfile | Logout

# AmeriBen

My Benefits ▾ My Online Tools ▾ Health and Wellness Resources ▾ FAQs ▾

- My Personal Health Suite
- Important Links
- Online Customer Service
- Benefit Documents
- Correspondence

## Click on My Online Tools and choose My Personal Health Suite


### MyAmeriBen

Welcome to your online Benefits Administration resource. With this site, you can view claims and your eligibility information.

If the information listed here does not answer all of your questions, please contact us by calling our Customer Care Center at: (866) 215-0973

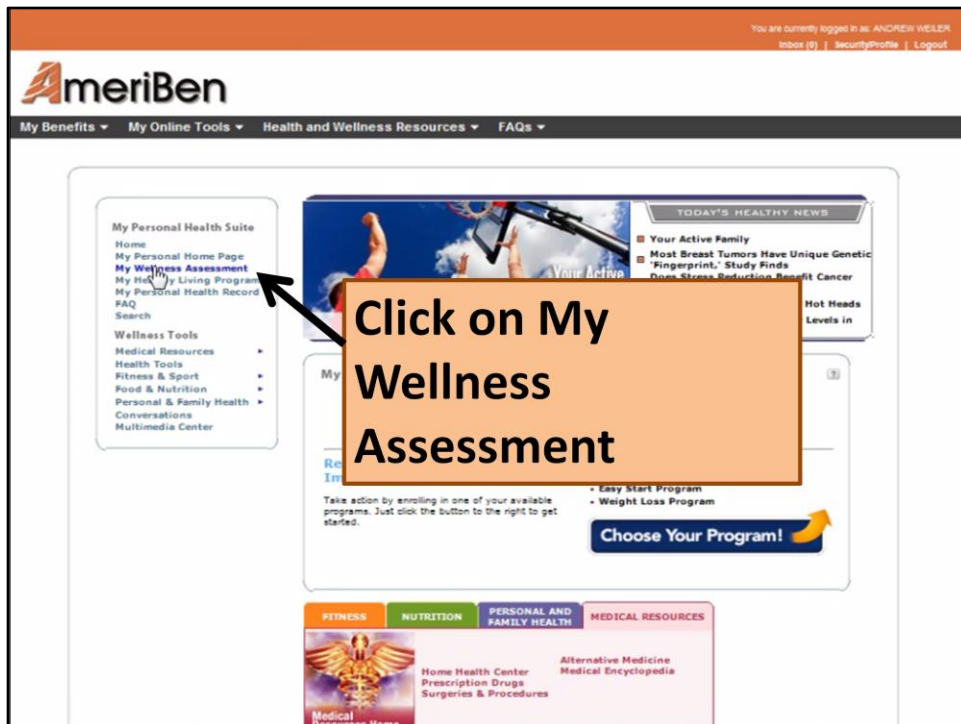
Or send a web inquiry by clicking the Contact Us button.

[Contact Us](#)

 **Got a minute?** Please give us your feedback about MyAmeriBen. [Click Here](#)

Your information is Completely Confidential: All your personal health information provided on this website is completely confidential. No one will see it but you. Although Salt River Pima Maricopa Indian Community (SRP/MIC) will use the summary data of all participants to help refine and improve the program, SRP/MIC does not have any access to your personal health information, nor does the Claims Administrator use it for any reason.

When you hover over the link or click on it a menu drops down. You want to choose My Personal Health Suite. Click on “My Personal Health Suite.”



Clicking on My Personal Health Suite will bring you to this screen where you will want to choose the “My Wellness Assessment” in the box on the left margin. Click on “My Wellness Assessment.”



When you click on “My Wellness Assessment” you will be directed to this screen. When you click on the links at the bottom that say “Wellness assessment 1/11-12/11” and “Welcome to the Personal Health Suite Wellness Assessment” your online, confidential assessment will start. Just follow the directions and answer the questions until you are finished. Ameriben will notify SRPMIC by monthly report of only the names of employees who have successfully completed their assessment and received their Personal Wellness Profile.

You will want to make sure you have “Your Numbers” (from the biometric screening) ready when the assessment reaches the page which has questions about Knowing Your Numbers.



Biometrics

▶ Height  feet  inches

▶ Weight  pounds

▶ Waist  inches

**Complete the questions until you are done. This is a copy of the first time to use your screening numbers**

Which of the following statements best describes your plans about managing your weight?

- ☐ At this time, I have no interest in making changes to manage my weight.
- ☐ I am concerned about my weight, and I am thinking about making changes to lose weight or manage my weight more effectively in the next 6 months.
- ☐ I am concerned about my weight, and I am getting ready to make changes to lose weight or manage my weight more effectively in the next 30 days.
- ☐ I lost weight or made changes to my weight management habits in the last 6 months, and I am working to make those changes a permanent part of my lifestyle.
- ☐ I lost weight or made changes to my weight management habits over 6 months ago, and I am continuing to work to make those changes a permanent part of my lifestyle.
- ☐ I lost weight or made changes to my weight management habits over 6 months ago, and now those changes seem natural and almost effortless to continue.

This is the first screen you will reach which will ask you for the Height and Weight from today's biometric screening or the time in the last three months when you had your height and weight measured.

**Salt River Pima  
Maricopa Indian  
Community DEMO**

58% COMPLETE

CHOOSE LANGUAGE:  
English

BACK TO MAIN

## Health and Wellness Assessment

How would you like to enter your blood work numbers?

☒ mg/dL (Conventional Units - typically used in the United States)  
☐ mmol/L (Standard International Units - typically used outside United States)

Back Next

### Additional Biometrics

Please do not enter values that are more than 3 months old. If you leave any of the items below blank, you will be asked to give estimates.

Some biometric values from your participation in a recent screening event may appear below. If you have other values that you would like to enter, highlight the existing number by scrolling over it with your mouse, then enter the new value.

Hip		inches
Neck		inches
Resting Pulse		beats per minute (bpm)
Blood Pressure		/ mmHg
Total Cholesterol		mg/dL
HDL Cholesterol		mg/dL
LDL Cholesterol		mg/dL
Triglycerides		mg/dL
Glucose		mg/dL
Hemoglobin A1c*		%
Body Fat		%
Body Mass Index	33.8	


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Click on mg/dl

Fill in these blanks using the numbers from your screening
 

Hip
 Neck
 Resting Pulse
 Blood Pressure
 Total Cholesterol
 HDL Cholesterol
 LDL Cholesterol
 Triglycerides
 Glucose
 Hemoglobin A1c\*
 Body Fat
 Body Mass Index

This is the second screen you will encounter where they will ask you for your numbers from today's screening or "blood work numbers" from the past three months. On this screen you will want to choose the first radio button for mg/dl and then fill in the boxes for your numbers on the right.



## Getting started on Benefit's day

Getting started: as easy as A, B, C,...

**Once you have completed today's three steps you are WellPath Participant and can earn incentives by participating in the activities below.**

**Complete these steps today to earn your Incentive and become a WellPath Participant**

You're almost there! You have completed your Online Wellness Assessment and received your Personal Wellness Profile. Now sign up to meet with a coach by contacting Andy Weiler: [andrew.weiler@srpmic-nsn.com](mailto:andrew.weiler@srpmic-nsn.com) or at 480-362-2673. If he is available at the screening you can sign up now.

Coaches help WellPath Participants utilize the worksite wellness program fully, provide resources and information, assist employees in being physically active and attaining health improvement goals. Coaching appointments can be conducted face to face, via phone, email, the web, in groups or one on one. Coaching appointments are to be flexible and easy for employees. Coaching is employee-driven meaning you can use your coach in a way that fits your interest and schedule. Coaches will not have access to any personal information other than what you share in coaching visits. Although coaches will encourage and help you to meet your goals, coaches will not pressure you or contact you without your permission.

WellPath has a record if you completed your biometric screening today, and will receive a report from Ameriben that you have completed today's Wellness Assessment. You should sign up using the sign-up sheet for an appointment with a WellPath Coach. Your coach will help you document that you have completed that visit and help you with WellPath over the year. When you finish your first coaching appointment your coach will help you notify the WellPath Coordinator. When you have completed:

- 1) Knowing Your Numbers (biometric screening)
- 2) Your online Wellness Assessment and received your Personal Wellness Profile
- 3) Met with your WellPath Coach

The WellPath Coordinator will process your incentive.